

Native Yoga Immersion

200 ~ 300 ~ 500 hr Teacher Trainings

with Todd & Tamara McLaughlin, ERYT, LMT

Friday, January 10th - Sunday, January 12th, 2020

Peace

Tranquility

Heat

Strength

Focus

Contemplation

Equanimity

Balance

Concentrate

Intention

Determination

Structure

Meditate

Relax



For more
information
visit:

www.
nativeyoga
center.com



Register today by contacting

Native Yoga Center

833 Donald Ross Rd

Juno Beach, Florida 3340

www.nativeyogacenter.com



Registered Yoga School

Workshop Schedule ~ Lizard

Friday, January 10th

6pm-9pm

Vinyasa Flow Master Class w/ Todd

Study the functional anatomy in yoga posture. This workshop will incorporate an asana class designed to challenge and inspire woven together with philosophical discussion entitled "The Yoga of the Vedas and Upanishads"

Saturday, January 11th

12pm-3pm

Primary Series Beyond Navasana Workshop

w/ Todd Learn alignment principles in the postures of the second half of Primary Series. This class will include an Anatomy study and a Group philosophy discussion of the Vedas and Upanishads.

Saturday, January 11th

4pm-7pm

Technique of Vinyasa Yoga (Part I) w/ Tamara

An in depth look at the Technique and Alignment Principles of Foundational Yoga. Fine tune your awareness of asana, alignment, modifications and adjustments.

Sunday, January 12th

12pm-3pm

Technique of Vinyasa Yoga (Part II) w/ Tamara

Practice the skill of verbal delivery of postures and practice of hands on adjustments* *must have attended to Part I (saturday) to attend.

Sunday, January 12th

4pm - 7pm

Adjustment Clinic: Primary Series Postures w/

Todd Learn hands on adjustment techniques for transmitting the alignment principles of Ashtanga Yoga. Anatomy of Posture session with a Group philosophy discussion included.

Multiple options for payment:

View website for details regarding
tuition enrollment

CE Individual sessions - \$60

Visit website for details or call 561-296-7996